AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

- 1. (currently amended) A lancet comprising a body having a drive head at one end and a projecting needle at the an other end, the body having two integral webs projecting down both sides towards the location of the a tip of the projecting needle, the webs being of undulating form when in a relaxed condition and of a flexible material so as to act as spring members to return the lancet to a retracted position.
- 2. (original) A lancet according to claim 1, wherein the undulations of the two webs are out of phase with one another.
- 3. (currently amended) A lancet according to claim 1, wherein a removable protective cap is provided over $\frac{1}{2}$ exposed end of the needle.
- 4. (currently amended) A lancet according to claim 3, wherein the cap is linked to $\frac{1}{2}$ the free ends of the $\frac{1}{2}$ webs by breakable connecting parts.

- 5. (currently amended) A lancet holder comprising a casing housing a lancet according to claim 1, and having a drive spring positioned between an end of the housing casing and the drive head of the lancet.
- 6. (original) A lancet holder according to claim 5, wherein the drive head of the lancet incorporates a flange resting against a movable rib of the casing and a flexible button on the casing is moveable to release the rib from the flange to enable the drive spring to drive the lancet forwards.
- 7. (previously presented) A lancet holder according to claim 5, wherein the needle tip is covered by a removable protective cap provided with a head which locates over flanges on the casing, but can be twisted out of contact with the flanges to enable the cap to be removed to expose the tip of the needle.

8-9. (canceled)

- 10. (previously presented) A lancet according to claim 2, wherein a removable protective cap is provided over the exposed end of the needle.
- 11. (previously presented) A lancet holder according to claim 6, wherein the needle tip is covered by a removable

protective cap provided with a head which locates over flanges on the casing, but can be twisted out of contact with the flanges to enable the cap to be removed to expose the tip of the needle.

12. (currently amended) A lancet device comprising a casing, and a lancet supported for reciprocatory movement in the casing between a cocked position and an advanced position, the lancet having a drive head at one end and a projecting needle at the an other end, the lancet body having integral webs projecting down both sides toward the location of the a tip of the projecting needle, the webs being of undulating form and of a resilient material so as to act as spring members, and a drive spring positioned between the casing and said drive head of the lancet to drive the lancet and projecting needle into an advanced position in which the needle performs a pricking operation and to compress said resilient webs, said resilient webs thereafter serving as return spring members to return the lancet to a position in which the needle is retracted into the casing, wherein, when said lancet is in its cocked position, the forward free ends of the webs are spaced from respective abutment surfaces in said casing, and on movement towards said advanced position, said forward free ends engage the respective abutment surfaces to compress said webs.

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13. (previously presented) A lancet device as claimed in claim 12, wherein said lancet body and said webs are of a one-piece plastic material.